

Full Report (All Nutrients) 18086, Cake, angel food, commercially prepared

Report Date:October 23, 2015 08:57 EDT

Nutrient values and weights are for edible portion.

Food Group : Baked Products**Carbohydrate Factor: 3.9 Fat Factor: 8.4 Protein Factor:4.3 Nitrogen to Protein Conversion Factor:6.1**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece (1/12 of 12 oz cake) 28g	1 cake (9" dia x 4") 340g
Proximates						
Water	g	33.20	3	0.911	9.30	112.88
Energy	kcal	258	--	--	72	877
Energy	kJ	1077	--	--	302	3662
Protein	g	5.90	3	0.071	1.65	20.06
Total lipid (fat)	g	0.80	2	--	0.22	2.72
Ash	g	2.30	1	--	0.64	7.82
Carbohydrate, by difference	g	57.80	--	--	16.18	196.52
Fiber, total dietary	g	1.5	--	--	0.4	5.1
Minerals						
Calcium, Ca	mg	140	6	16.532	39	476
Iron, Fe	mg	0.52	3	0.055	0.15	1.77
Magnesium, Mg	mg	12	2	--	3	41
Phosphorus, P	mg	324	1	--	91	1102
Potassium, K	mg	93	2	--	26	316
Sodium, Na	mg	749	3	54.994	210	2547
Zinc, Zn	mg	0.07	5	0.010	0.02	0.24
Copper, Cu	mg	0.078	2	--	0.022	0.265
Manganese, Mn	mg	0.085	2	--	0.024	0.289
Selenium, Se	µg	7.3	--	--	2.0	24.8
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.102	3	0.030	0.029	0.347
Riboflavin	mg	0.491	3	0.169	0.137	1.669

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Niacin	mg	0.883	3	0.120	0.247	3.002
Pantothenic acid	mg	0.198	4	0.034	0.055	0.673
Vitamin B-6	mg	0.031	2	--	0.009	0.105
Folate, total	µg	35	--	--	10	119
Folic acid	µg	32	--	--	9	109
Folate, food	µg	3	--	--	1	10
Folate, DFE	µg	57	--	--	16	194
Vitamin B-12	µg	0.06	--	--	0.02	0.20
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lipids						
Fatty acids, total saturated	g	0.121	--	--	0.034	0.411
14:0	g	0.001	--	--	0.000	0.003
16:0	g	0.110	--	--	0.031	0.374
18:0	g	0.005	--	--	0.001	0.017
Fatty acids, total monounsaturated	g	0.071	--	--	0.020	0.241
16:1 undifferentiated	g	0.002	--	--	0.001	0.007
18:1 undifferentiated	g	0.068	--	--	0.019	0.231
Fatty acids, total polyunsaturated	g	0.367	--	--	0.103	1.248
18:2 undifferentiated	g	0.346	--	--	0.097	1.176
18:3 undifferentiated	g	0.021	--	--	0.006	0.071
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.075	--	--	0.021	0.255
Threonine	g	0.248	--	--	0.069	0.843
Isoleucine	g	0.312	--	--	0.087	1.061
Leucine	g	0.481	--	--	0.135	1.635
Lysine	g	0.364	--	--	0.102	1.238
Methionine	g	0.183	--	--	0.051	0.622
Cystine	g	0.149	--	--	0.042	0.507
Phenylalanine	g	0.334	--	--	0.094	1.136
Tyrosine	g	0.218	--	--	0.061	0.741

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Valine	g	0.354	--	--	0.099	1.204
Arginine	g	0.303	--	--	0.085	1.030
Histidine	g	0.131	--	--	0.037	0.445
Alanine	g	0.310	--	--	0.087	1.054
Aspartic acid	g	0.532	--	--	0.149	1.809
Glutamic acid	g	1.025	--	--	0.287	3.485
Glycine	g	0.206	--	--	0.058	0.700
Proline	g	0.317	--	--	0.089	1.078
Serine	g	0.389	--	--	0.109	1.323